

# Mama Ireland

**Count:** 32

**Wall:** 4

**Level:** Intermediate east coast swing

**Choreographer:** Louise Elfvengren (NOR)

**Music:** Tell Me Ma - Van Morrison & The Chieftains



## **CROSS SHUFFLE, ROCK LEFT RECOVER, CROSS SHUFFLE, ROCK RIGHT RECOVER**

- 1&2 Cross right foot over left, step left to left side, cross right over left
- 3-4 Rock left foot to left side, recover back to right
- 5&6 Cross left foot over right, step right to right side, cross left over right
- 7-8 Rock right foot to right side, recover back to left

**Restart from here on wall 5 when dancing to "Tell Me Ma"**

## **SHUFFLE BACK, ROCK BACK RECOVER, SHUFFLE FORWARD, FULL TURN LEFT**

- 1&2 Shuffle back right, left, right
- 3-4 Rock left foot back, return left beside right
- 5&6 Shuffle forward left, right, left
- 7-8 Step forward right foot and turn over left shoulder a full turn stepping on left foot

**When dancing to "Tell Me Ma", restart from here on wall 4 after performing the 4-count tag**

## **ROCK RIGHT RECOVER, SYNCOPATED BEHIND-SIDE-SIDE WITH ¼ LEFT TURN, SAILOR TURN ¼ LEFT, ROCK FORWARD RIGHT RECOVER**

- 1-2 Rock right foot to right side, recover back to left
- 3&4 Step right foot behind left, step left foot to left side, right foot turn ¼ to left and step next to left
- 5&6 Left foot behind right, right foot turn ¼ left and step left beside right.
- 7-8 Rock right foot forward, recover back beside left.

## **HALF SHUFFLE TURN BACK, ROCK FORWARD RECOVER, HALF SAILOR TURN LEFT, KICK, TURN ¼ LEFT**

- 1&2 Step right back, left foot makes ¼ turn right and right foot makes the next ¼ turn
- 3-4 Rock left foot forward, recover back beside right
- 5&6 Step left foot behind right, turn right foot ½ left and step left foot beside right foot.
- 7&8 Kick right foot forward, put right foot down and turn ¼ left, step left beside right.

## **REPEAT**

## **TAG**

**When dancing to "Tell Me Ma", on wall 4, after count 16, do the following and then restart the dance from count 1**

## **ROCK RIGHT RECOVER, KICK BALL STEP**

- 1-2 Rock right foot to right side recover back to left
- 3&4 Kick right foot forward, step right foot next to left, step left foot next to right foot.

## **RESTART**

**On wall 5, restart the dance after count 8**